BEGINNER APPROVED

EST. 2015

In the Kitchen
COOKING 101

SPRING 2019

COOKING 101

CONTENT

MUSHROOMS	INFO	1
TURKEY	INFO	2
RICE	INFO	3
EGGS	INFO	4
BEEF	INFO	5
THE FOOD QUIZ	QUIZ	6–7
TORTELLINI SOUP	RECIPE	8–9
TURKEY & MUSHROOM EGG NESTS	RECIPE	10–11
BREAKFAST QUESADILLAS	RECIPE	12–13
BEEF SUSHI ROLLS	RECIPE	14–15
TURKEY BUDDHA RICE BOWL	RECIPE	16–17
GINGER BEEF & MUSHROOM NOODLES	RECIPE	18–19
CHAI TEA RICE PUDDING	RECIPE	20–21

MUSHROOMS

COMMONLY USED MUSHROOMS

CRIMINI "BROWN" MUSHROOMS

Crimini mushrooms are similar to the white mushroom in shape and size, but firmer to the touch. The colour ranges from light tan to dark brown.

ENOKI MUSHROOMS

Enoki mushrooms have long, slender white stems with tiny, firm caps. This mushroom has a mild, delicate flavour that is complimented by a slight crunch. Enoki mushrooms can be eaten raw or cooked.

WHITE MUSHROOMS

White mushrooms are the most popular mushrooms in Canada. They are available in three different sizes–small "buttons," medium and large "jumbo." The colour of the white mushrooms may vary from bright white to an off-white.

PORTABELLA MUSHROOMS

Portabellas are fully grown brown mushrooms with a large, light tan cap. Portabellas are the largest of all domestic mushrooms. They can be grilled, baked or deep fried, are great as an appetizer, side dish or entrée.

GROWING MUSHROOMS

Mushrooms are grown indoors, 365 days a year. The spawn is the seedstock of mushrooms and from the time it's first added to the substrate, the first crop is harvested within 30 days. This is followed by 1 or 2 more harvests from the same growing bed. The whole cycle may take 7 -12 weeks depending on the farm.

Mushrooms grow fast! Typically mushrooms double in size in 24 hours.

VITAMIN D IN MUSHROOMS

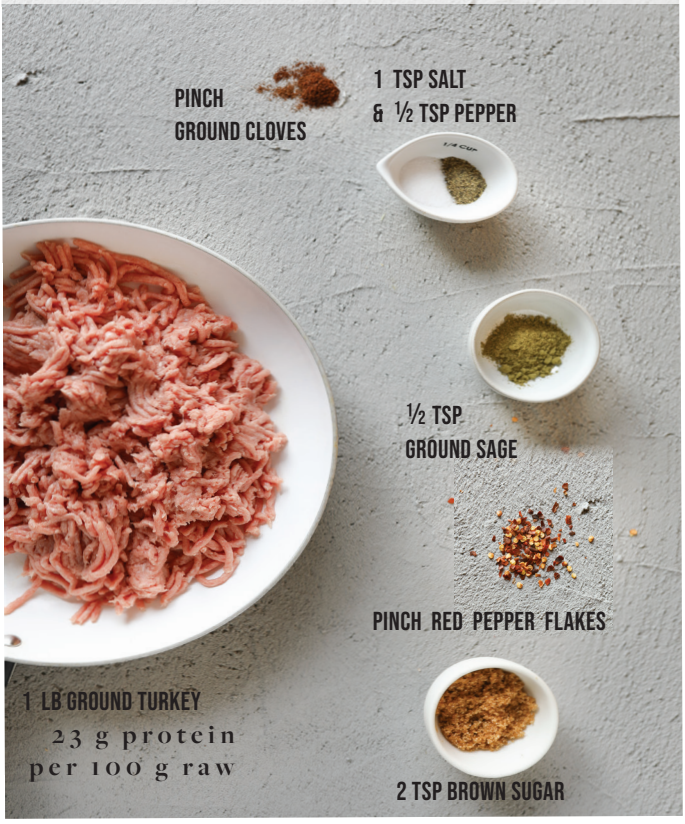
Mushrooms are the only vegetable that contains vitamin D naturally! All other natural food sources of vitamin D are of animal, poultry or seafood origin.

Mushrooms can make vitamin D when exposed to light. Recent studies show that the level of Vitamin D^2 in white/brown mushrooms can be increased significantly (up to 100% of the Daily Value) by exposure to ultraviolet light for a few minutes.

TURKEY

TURKEY SAUSAGE CRUMBLE

In a medium skillet, heat oil on medium-high. Add turkey and cook for 5 minutes, breaking turkey apart with the back of a spoon to make a crumble. Stir in ground cloves, salt, black pepper, ground sage, red pepper flakes and brown sugar. Cook, stirring for another 4 minutes or until it is fully cooked with no pink remaining and an internal temperature of 165°F (74°C) has been reached.



TURKEY

ON THE FARM

Canadian turkeys are grown on family farms in safe, climate-controlled barns where they have access to fresh, clean water and food 24 hours a day and roam freely in their barns. Turkeys are fed nutritionally-balanced diets of mixed grains and oil seeds, which typically include corn, wheat, barley, soybean meal and canola meal. Canadian turkeys are not given growth hormones or steroids.

HOW TO COOK

RICE

THE THREE RICE TYPES AND THE BEST WAY TO COOK WITH THEM

Long grain rice:

Long grain rice is lighter and fluffier, is perfect for pilafs, stir fries, salads and soups.

For best results, follow package directions.

Medium grain rice:

Medium grain rice, like Calrose, tends to cling together and is a good choice for dishes that have a creamier consistency like risotto or rice pudding and paella.

For best results, follow package directions.

Short grain rice:

Short grain rice is soft and somewhat chewy, with a slight springiness to the bite. It's also a good choice for creamier-consistency dishes like rice pudding and Asian dishes.

For best results, follow package directions.

Yes, cooked rice can be stored and reheated! On weekends, cook double the batch and simply reheat for weekday use in breakfasts, lunches and dinners. This is a great time saver for busy families.

Storing Cooked Rice

If not eaten immediately, cooled cooked rice should be stored in a shallow container, covered tightly and refrigerated for 3 to 5 days or frozen for up to 6 months.

Reheating

For each cup (250 mL) of cooked rice, add 2 tbsp (30 mL) liquid. Cover and heat on the stovetop or in the oven for about 5 minutes or until heated through.

LOCAL, SUSTAINABLE RICE

ON THE FARM

Rice is the primary dietary staple for more than half the world's population. Rice, grown by our neighbours to the south, adheres to strict growing and packaging standards, and is the most local source of rice for Canadians.

VARIETIES GROWN IN THE U.S.

Long grain white rice, brown rice, red rice, black rice, basmati and jasmine among others.

EGGS

WHAT IS A SUNNY SIDE UP EGG?

The egg is fried with the yolk up and is not flipped.

STEP 1

Coat a nonstick pan with cooking spray or butter. Heat pan on medium depending on your stove (you may need to experiment the first few times to get the right temperature). Making sure the pan is well oiled is key to making sure the eggs don't stick.

STEP 2

Once the butter is melted, crack an egg into a bowl and drop the egg in the pan one at a time. Season lightly with salt and/or pepper.

STEP 3

Let the eggs cook until white is set and the corners begin to curl ever so slightly, about 3 to 4 minutes depending on your heat source. No need to fuss with them either. They'll turn out better if they're left alone. For sunny side up eggs, simply slide the eggs onto a plate and season again, if desired.

ARE WHITE AND BROWN EGGS DIFFERENT?

Aside from the colour of the eggshell, there is little difference between brown and white eggs. The eggshell colour depends on the breed of the hen. Nutritionally both brown and white eggs are identical.

HOW MANY DOZEN EGGS DO ONTARIO EGG FARMERS PRODUCE EACH YEAR?

An average of 277 million dozen eggs are produced each year by registered egg farmers.

BEEF

When it comes to quick-cook, budget-wise steaks, think skinny! Find thin-cut steaks at the meat counter or ask the meat counter staff to cut some for you. Yes, they will do that for you, if you ask! Look for beef cuts like eye of round, inside or outside round as your most common skinny steaks. You may also find strip loin or top sirloin as more premium options.

HOW TO COOK

1. Tenderize: Pierce steaks all over with a fork or use a meat mallet to pound on one side (like whack-a-mole). Be careful not to break through the other side.

2. Prep: Season all over with some salt and pepper or marinate* for 15 minutes or so for flavour. Cook whole as a fast-fry steak or cut into strips for soups, stir fries or satay.

3. Cook: For steak, pan fry in a hot, lightly oiled nonstick skillet on medium-high for 3 to 4 minutes per side until cooked to medium 160°F (71°C). Serve with steak sauce, if desired.

For satay, thread onto skewers. Grill or broil 2 to 3 minutes per side or until browned, but pink inside. Serve with satay sauce for dipping.

For stir fry, cook strips on medium-high in hot, lightly oiled nonstick skillet for about 2 minutes, turning once, until browned, but pink inside. Remove from skillet. Add stir fry vegetables and cook for 5 minutes. Add stir fry sauce and beef. Heat until sauce bubbles and thickens.

*MARINATE TIPS:

Combine ½ cup marinade (such as teriyaki sauce) plus 2 tbsp corn starch in a sealable freezer bag. Add 1 lb (500g) thin cut beef steak/strips and refrigerate for 15 or up to 30 minutes. Discard used marinade, pat meat dry and cook.

NUTRITION

100 grams of cooked beef provides 35 grams of protein. Beef is rich in protein, one of nature's most concentrated sources. Based on a 75 g serving, beef provides:

- 20% Daily Value iron – fuel your body with energizing iron. Beef is high in iron – one of nature's best sources.
- 70% Daily Value zinc – helps you battle back with a healthy immune defence.
- 90% Daily Value vitamin B12 – important for boosting energy and brain power.
- DYK – beef and avocados have a lot in common. Half the fat in beef is monounsaturated – the same healthy fat you find in avocados.

Source of nutrient values: Health Canada, Canadian Nutrient File, 2015, food code 6172 Beef, composite cuts, steak roast, lean and fat, cooked

THE FOOD QUIZ

Question 1: Name 3 top nutrients that beef provides.

Question 2: What protein food has the most readily-available iron?

Question 3: What is included in a turkey's diet?

Question 4: How much protein is in 100 g of turkey?

Question 5: Do you know the three rice types and the best way to cook them?

Answer Key: **Q1:** Protein, zinc, iron and/or vitamin B12. **Q2:** Beef. A 75 g cooked serving provides you with 20% of your daily needs for iron. Iron helps you make blood cells which circulate oxygen around your body. **Q3:** Turkeys are fed nutritionally-balanced diets of mixed grains and oil seeds, which typically include corn, wheat, barley, soybean meal and canola meal. **Q4:** Around 23 g. **Q5:** Long grain rice is lighter and fluffier, is perfect for pilafs, stir fries, salads and soups. Medium grain rice, like Calrose, tends to cling together and is a good choice for dishes that have a creamier consistency like risotto or rice pudding and paella. Short grain rice is soft and somewhat chewy, with a slight springiness to the bite. It's also a good choice for creamier-consistency dishes like rice pudding and Asian dishes.

Question 6: Mushrooms are the only source of this vitamin in the produce aisle. Name that vitamin.

Question 7: How much do mushrooms typically grow in one day?

Question 8: Can you identify at least three varieties of rice grown in the U.S.?

Question 9: What is the difference between white and brown eggs?

Question 10: How many eggs are produced each year in Ontario?

Answer Key: **Q6:** Vitamin D. **Q7:** Mushrooms double in size every day. **Q8:** Long grain white rice, brown rice, red rice, black rice, basmati, jasmine **Q9:** Shell colour is the only difference. They are nutritionally the same. **Q10:** 277 million dozen eggs.

TORTELLINI SOUP

TORTELLINI SOUP

On a cold day nothing beats a hearty soup! With the new food guide putting an emphasis on a plant-based diet, this is a delicious way to get your veggies along with your protein via extra lean ground beef. This is one of the first recipes I ever learned and a favourite!

COOKING TIME
15 MIN

PREP TIME
20 MIN

SERVINGS
6

INGREDIENTS

1 tsp (5 mL)	vegetable oil
1 lb (500 g)	extra lean ground beef
2 cups (500 mL)	sliced white button mushrooms
1 small	onion, diced
½ tsp (2 mL)	**each** salt and pepper
2 medium	carrots, peeled and diced
2 medium	celery stalks, diced
1 cup (250 mL)	shredded baby spinach
1 can (28 fl oz)	diced tomatoes
6 cups (1.5 L)	water
1 tsp (5 mL)	salt and pepper
2 cups (500 mL)	cheese tortellini noodles or whole wheat macaroni

DIRECTIONS

1. Heat oil in a deep soup pot on medium-high. Brown beef for 5 minutes, breaking beef into a crumble with the back of a spoon. Stir in mushrooms, onion, salt, pepper, carrots, celery and spinach. Cook for 3 minutes.

2. Stir in diced tomatoes, water, salt and pepper. Bring to a boil and reduce to medium. Simmer for 5 minutes. Stir in noodles and cook for 7 minutes or until noodles are just cooked.

Tip: This recipe is a great way to get creative in the kitchen. Try adding your favourite vegetables. Some great alternative options are cabbage or peas. Use what you have available in your fridge or freezer.

NUTRITION

Nutrition facts per 1 serving (⅙ of recipe): 258 calories | 22 g protein | 7 g fat | 30 g carbohydrate 5 g fibre | 7 g sugars | 852 mg sodium

TURKEY & MUSHROOM EGG NESTS

TURKEY & MUSHROOM EGG NESTS

These easy and charming bites make for a great breakfast option that will help keep you feeling full and satisfied for the whole day. These can be used as a grab-and-go option or a leisurely weekend brunch item.

COOKING TIME
24 MIN

PREP TIME
10 MIN

SERVINGS
6

INGREDIENTS

1 cup (250 mL)	sliced white button mushrooms
¼ cup (60 mL)	sliced chives
½ cup (125 mL)	finely diced red pepper
¼ tsp (1 mL)	**each** salt, pepper and garlic powder
12 strips	turkey bacon
12 large	eggs

DIRECTIONS

1. Preheat oven to 350°F (175°C). In a medium bowl, stir together mushrooms, chives, red pepper, salt, pepper and garlic powder.

2. Line each greased muffin tin cup with turkey bacon slices and place a heaping tablespoon of the veggie mixture in the bottom of each cup. Place in the oven and bake for 10 minutes.

3. Remove from the oven and crack one egg into each muffin cup until all 12 eggs have been used. Return the tray to the oven and cook for another 15 minutes.
Reserve some extra sliced chives to sprinkle on top and enjoy right away.

Tip: If you don't have turkey bacon on hand, use sliced deli turkey to line the muffin cups instead.

Tip: If you don't have chives at home, feel free to use sliced green onion, diced red onion or a diced cooking onion.

NUTRITION

Nutrition facts per 1 serving (⅙ of recipe): 194 calories | 19 g protein | 11 g fat | 6 g carbohydrate | 0 g fibre | 2 g sugars | 704 mg sodium

BREAKFAST QUESADILLAS

BREAKFAST QUESADILLAS

Turkey breakfast sausage is perfect for a satisfying and protein-rich breakfast. Coupled with scrambled eggs that are perfectly fluffy, this is a great way to start your morning, whether you are lounging around at home or on the run.

COOKING TIME
14 MIN

PREP TIME
15 MIN

SERVINGS
4

INGREDIENTS

1 tsp (5 mL)	vegetable oil
1 lb (500 g)	turkey breakfast sausage
6 large	eggs
2 cups (500 mL)	sliced crimini mushrooms
1 cup (250 mL)	shredded baby spinach
1 cup (250 mL)	diced red pepper
8 small (7-inch)	whole wheat tortillas
1 cup (250 mL)	shredded mozzarella cheese
Optional:	Ketchup or salsa for dipping

DIRECTIONS

1. In a medium skillet heat oil on medium-high. Add in turkey sausage that has been sliced out of the casing and cook for 5 minutes, breaking turkey apart with the back of a spoon to make a crumble. Cook, stirring, for another 4 minutes or until fully cooked with no pink remaining and an internal temperature of 74°C (165°F) has been reached. Set aside in a bowl.

2. In a medium bowl whisk together eggs. In the same skillet used to cook the turkey, cook mushrooms, spinach and red peppers on medium-high for 3 minutes. Pour in egg mixture and reduce heat to medium-low. As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry. Place scrambled eggs in the bowl along with the turkey and mix together.

3. Place a tortilla on a plate and sprinkle 2 tbsp (30 mL) of mozzarella cheese on top. Place 1 cup (250 mL) of the turkey and egg mixture on top of the cheese. Sprinkle with 2 tbsp (30 mL) more of the mozzarella cheese and place a second tortilla on top. Repeat three more times to make four quesadillas.

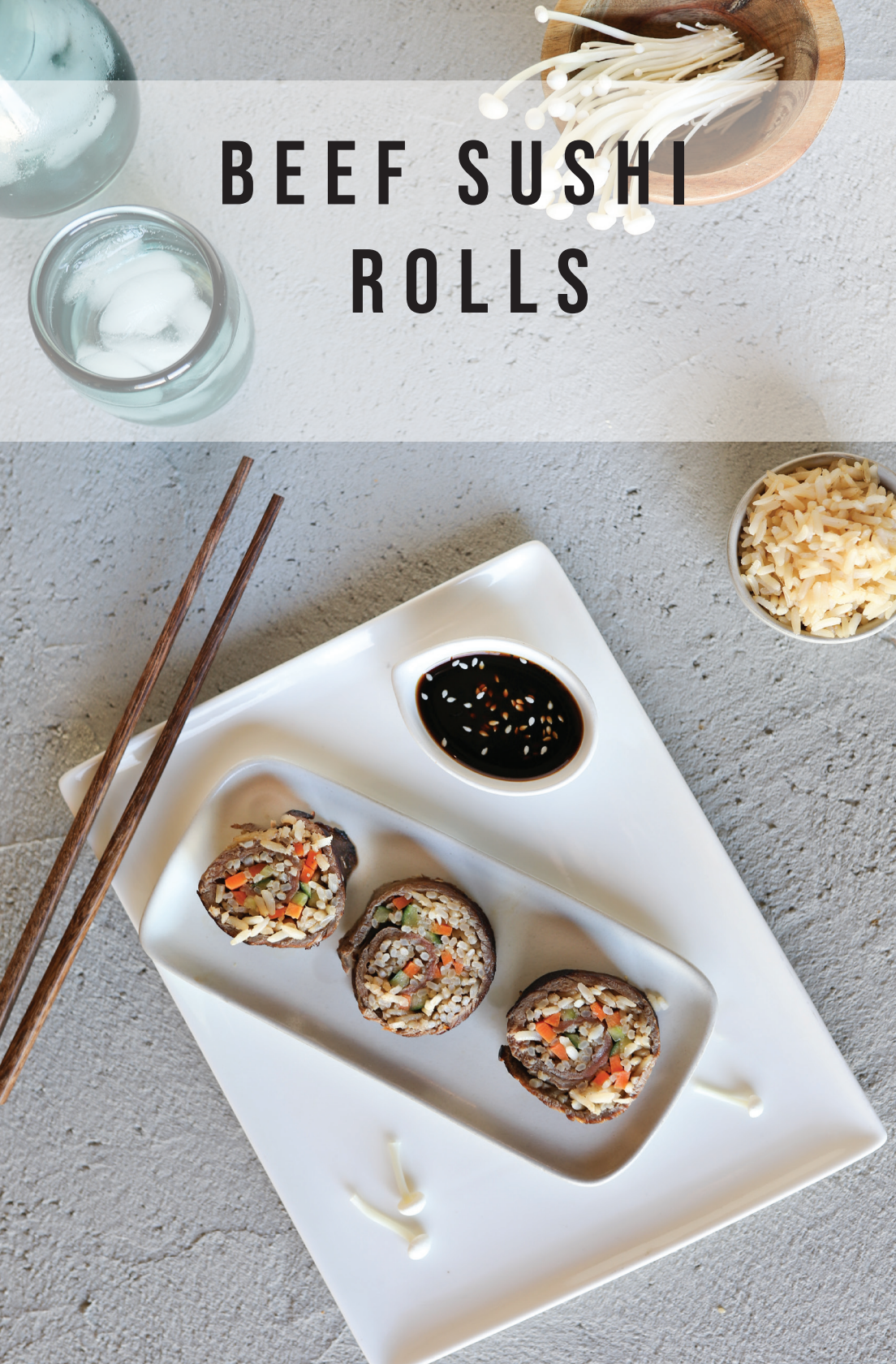
4. Place each quesadilla in a pan on medium and cook for 2 minutes. Then flip the tortilla and cook for another minute until slightly brown and crispy. Cut into 4 slices and serve with ketchup or salsa for dipping, or enjoy on its own.

Tip: If you would like to try making your own turkey breakfast sausage at home, see page 2 for the recipe.

NUTRITION

Nutrition facts per 1 serving (¼ of recipe): 481 calories | 34 g protein | 18 g fat | 19 g carbohydrate 4 g fibre | 3 g sugars | 446 mg sodium

BEEF SUSHI ROLLS



BEEF SUSHI ROLLS

This sushi is fit for everyone! Not everyone is into raw fish, so this roll is the perfect introduction to sushi. These cute rolls are perfect for a packed lunch.

COOKING TIME
20 MIN

PREP TIME
15 MIN

SERVINGS
4

INGREDIENTS

Sushi rice:

½ cup (125 mL)	15-minute dry short grain brown rice
1 cup (250 mL)	water
2 tbsp (30 mL)	rice wine vinegar
1 tbsp (15 mL)	sugar
¼ tsp (1 mL)	salt

Beef:

2 tbsp (30 mL)	soy sauce
2 tsp (10 mL)	sesame oil
1 tsp (5 mL)	honey
¼ tsp (1 mL) **each**	salt and garlic powder
1 tsp (5 mL)	sesame seeds
1 lb (500 g)	thin-cut beef steaks, around 4 steaks

Sushi roll:

½ cup (125 mL) **each**	julienned carrots, julienned cucumbers, enoki mushrooms and chives
1 tsp (5 mL)	vegetable oil

DIRECTIONS

1. Add rice and water to a pot with a tight-fitting lid. Bring the water to a boil and reduce heat to low. Put the lid on and cook for 15 minutes. After 15 minutes turn off the heat and leave the lid on for another 10 minutes. The rice should be fully cooked. Place the rice in a bowl and stir in rice wine vinegar, sugar and salt. Mix and let rice cool.

2. In a small bowl whisk together soy sauce, sesame oil, honey, salt, garlic powder and sesame seeds.

3. Tenderize each steak by pounding on just one side with a meat mallet or heavy fry-pan. Steaks should be 6-inches x 3-inches and 3 mm thick. Brush each side of the steaks with the soy sauce mixture, reserving half for dipping later. Spread ¼ cup of rice mixture over each beef slice. Evenly scatter carrot, cucumber, mushrooms and chives over rice on each slice. Roll up each, like a jelly roll, starting at short side of the steak. Tie each with 2 to 3 pieces of butcher twine.

4. Heat oil in large oven-proof nonstick skillet on medium-high. Add rolls and cook until golden brown, about 4 minutes.

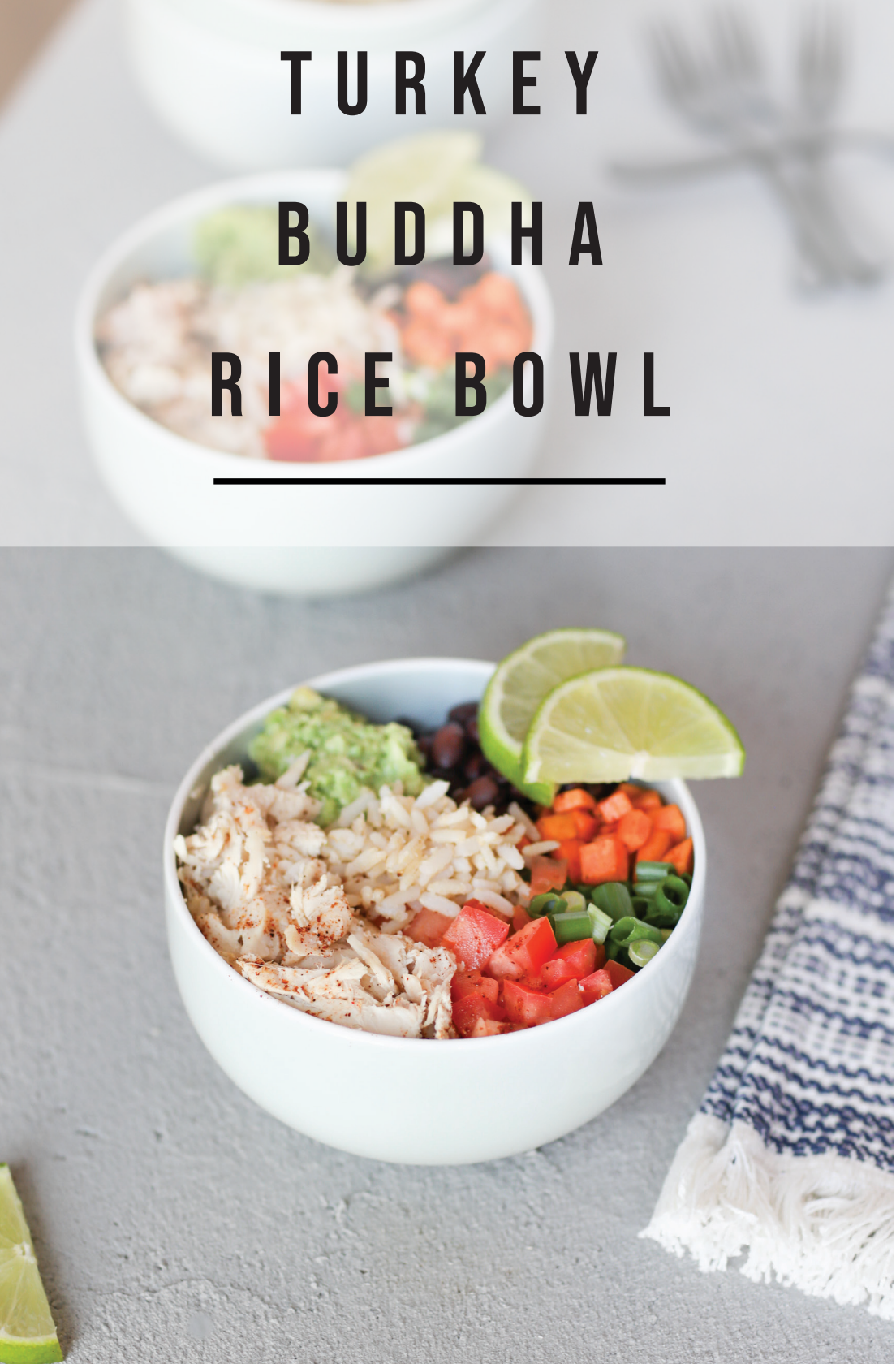
5. Transfer to 400°F (200°C) oven. Cook, turning each roll once, until cooked to about 140°F (60°C) inside when tested with digital instant read thermometer, about 10 minutes. Remove from oven and let stand for 5 minutes before slicing into 1 inch rounds and serving.

Tip: To make-ahead, cover and refrigerate rolls before they are cooked for up to 3 days. Or cook ahead and slice them just before packing for a lunch.

NUTRITION

Nutrition facts per 1 serving (¼ of recipe): 428 calories | 45 g protein | 14 g fat | 27 g carbohydrate | 2 g fibre | 6 g sugars | 640 mg sodium

TURKEY BUDDHA RICE BOWL



TURKEY BUDDHA RICE BOWL

Buddha bowls are the foodie marriage of a stir fry and a salad. Ingredients are arranged around the outside of the bowl to make for a stunningly colourful dish. This recipe is the definition of "you eat with your eyes"!

COOKING TIME	PREP TIME	SERVINGS
25 MIN	10 MIN	4

INGREDIENTS

Buddha bowl:

1 cup (250 mL)	15-minute dry brown rice
1 large	sweet potato, peeled and diced
2 cups (500 mL)	vegetable broth
1 tbsp (15 mL)	chili powder
1 tsp (5 mL)	garlic powder
½ tsp (2 mL)	salt and pepper

Cilantro dressing:

1 tbsp (15 mL)	cilantro, chopped
¼ cup (60 mL)	lime juice or 2 limes
1 tbsp (15 mL)	honey
1 tbsp (15 mL)	canola oil
⅛ tsp **each**	salt and garlic powder

Toppings:

2 cups (500 mL)	cooked and shredded turkey breast
1 cup (250 mL)	canned black beans, drained and rinsed
2	green onions, sliced
1 medium	avocado, diced
1 small	tomato, diced

DIRECTIONS

1. Buddha bowl: In a large frying pan, pour brown rice in half the pan and the diced sweet potato in the other half, being careful not to mix them together. Pour vegetable broth into the frying pan carefully over the sweet potatoes and rice. Sprinkle chili powder, garlic powder, salt and pepper over top. Turn burner to medium-high and bring to a boil. Turn burner to low, cover with a tight-fitting lid. Let simmer for 15 minutes. Do not open the lid to check the rice. Turn off the burner and set aside for 10 minutes, making sure to keep the lid on.

2. Cilantro dressing: In a small bowl whisk together cilantro, lime juice, honey, canola oil, salt and garlic powder.

3. Toppings: Divide rice into four separate bowls. Toss cooked, shredded turkey breast in chili powder and place ½ cup (125 mL) of turkey on top of the bowl along with ¼ of each of these ingredients: sweet potato, black beans, green onion, avocado, tomatoes.

NUTRITION

Nutrition facts per 1 serving (¼ of recipe): 411 calories | 36 g protein | 13 g fat | 40 g carbohydrate 9 g fibre | 7 g sugars | 642 mg sodium

GINGER BEEF & MUSHROOM NOODLES

GINGER BEEF & MUSHROOM NOODLES

The classic flavours of ginger and beef make this veggie-rich dish an excellent way to get in your veggies and protein for the day. This dish highlights how different food groups work together to make tasty, beautiful food that is good for you too!

COOKING TIME	PREP TIME	SERVINGS
17 MIN	20 MIN	4

INGREDIENTS

Pickled carrots:

¼ cup (60 mL)	sugar
¼ cup (60 mL)	warm water
½ cup (125 mL)	vinegar
2 large	carrots, spiralized or sliced thinly (julienned)

Beef satay:

¼ cup (60 mL)	teriyaki sauce
2 tbsp (30 mL)	soy sauce
1 tsp (5 mL) **each**	sriracha sauce and sesame oil
2	cloves garlic, minced
1 tbsp (15 mL)	grated fresh gingerroot
1 lb (500 g)	fast-fry beef steaks

Toppings:

1 tsp (5 mL)	canola oil
2 cup (500 mL)	sliced crimini mushrooms
4 large	eggs
4 cups (1 L)	cooked soba or thin whole wheat noodles
½	cucumber, sliced thinly (julienned)
1 cup (250 mL)	spiralized daikon radish OR beets

DIRECTIONS

1. Pickled carrots: In a small bowl dissolve sugar in warm water, stir in vinegar and carrots. Cover and let sit while you prepare the rest of the meal.

2. Beef satay: In medium bowl, whisk together teriyaki sauce, soy sauce, sriracha, sesame oil, garlic and ginger. Cut each fast-fry beef steak into 1-inch thick strips and pour half of mixture over beef. Stir until evenly coated. Reserve the remaining sauce to drizzle over the dish later. Skewer beef onto 6-inch long metal skewers, or wooden skewers that have been soaked in water. Tightly thread 1 strip of beef onto each skewer (if strips are small, thread 2 or 3 strips onto a skewer). Heat a large frying pan to medium-high. Cook skewers in two batches for 2 minutes on each side.

3. Mushrooms: In a medium skillet, heat oil on medium. Add mushrooms and a pinch of salt. Cook until fork tender, about 5 minutes, stirring frequently. Remove from heat.

5. Eggs: Coat a nonstick skillet with cooking spray to make sure the egg doesn't stick. Heat pan over medium-low depending on your stove. Crack an egg into a bowl, one at a time, and drop the egg in the pan. Let the eggs cook until white is set and the corners begin to curl ever so slightly, about 3 to 4 minutes depending on your heat source. Slide the eggs onto a plate to avoid overcooking.

4. Assembly: Divide cooked noodles evenly between 4 separate bowls. Top with mushrooms, pickled carrots, cucumber, daikon radish/beets, beef skewers and lastly topped off with an egg. Drizzle each bowl with the leftover beef marinade.

Tip: If you don't have a spiralizer to spiralize your vegetables, all of the veggies can be cut julienned (cut very thinly lengthwise).

Tip: Feel free to use rice as the base if you have it on hand.

NUTRITION

Nutrition facts per 1 serving (¼ of recipe): 561 calories | 58 g protein | 18 g fat | 42 g carbohydrate 3 g fibre| 11 g sugars | 1263 mg sodium

CHAI TEA RICE PUDDING

CHAI TEA RICE PUDDING

This delicious and classic dish is cooked on the stovetop to make a creamy dessert and/or breakfast that is flavoured with chai tea spices, such as cinnamon, cardamom, cloves and tea.

COOKING TIME	PREP TIME	SERVINGS
30 MIN	10 MIN	6

INGREDIENTS

2 cups (500 mL)	water
1	chai tea bag
1 cup (250 mL)	dry 15-minute brown rice
1 tsp (5 mL)	ground cinnamon
¼ tsp (1 mL)	ground cloves
¼ tsp (1 mL)	ground coriander
2 cups (500 mL)	milk, divided
¼ cup (60 mL)	honey
Pinch	salt
1 large	egg, beaten
1 tbsp (15 mL)	butter
1 cup (250 mL)	raisins (optional)

DIRECTIONS

1. Bring water to a boil in a medium saucepan over medium-high heat along with the chai tea bag. Stir rice into boiling water. Remove the tea bag and set aside for later use. Reduce heat to low, cover and simmer for 15 minutes. Remove from heat and set aside for 5 minutes, making sure to keep the lid on.

2. In a clean saucepan combine cooked rice, tea bag, cinnamon, cloves, coriander, 1 ½ cups (375 mL) milk, honey and salt. Cook on medium and continue stiring until thick and creamy, about 15 minutes. Remove tea bag. Stir in remaining ½ cup (125 mL) milk and beaten egg. Cook 2 minutes more, stirring constantly. Remove from heat, and stir in butter and raisins (optional).

Tip: If you don't have a chai tea bag, make your own chai tea mix at home! Chai tea recipe: 1 black tea bag, 1 tsp (5 mL) cinnamon, ¼ tsp (1 mL) ground cloves, ¼ tsp (1 mL) ground corriander, 1 tbsp (15 mL) sugar.

NUTRITION

Nutrition facts per 1 serving (⅙ of recipe): 310 calories | 7 g protein | 5 g fat | 61 g carbohydrate 3 g fibre| 32 g sugars | 145 mg sodium

PROUD PROGRAM SUPPORTERS

THINK BEEF.CA

thinkbeef.ca

ONTARIO TURKEY MAKES IT SUPER

makesitsuper.ca

mushrooms.canada

mushrooms.ca

get cracking®
Egg Farmers of Ontario

getcracking.ca

THINK RICE U.S.-GROWN

riceinfo.com